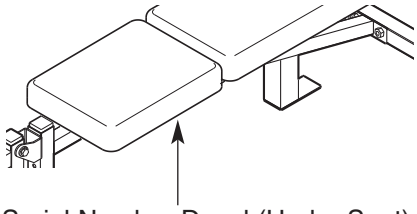
WEIDER® 400

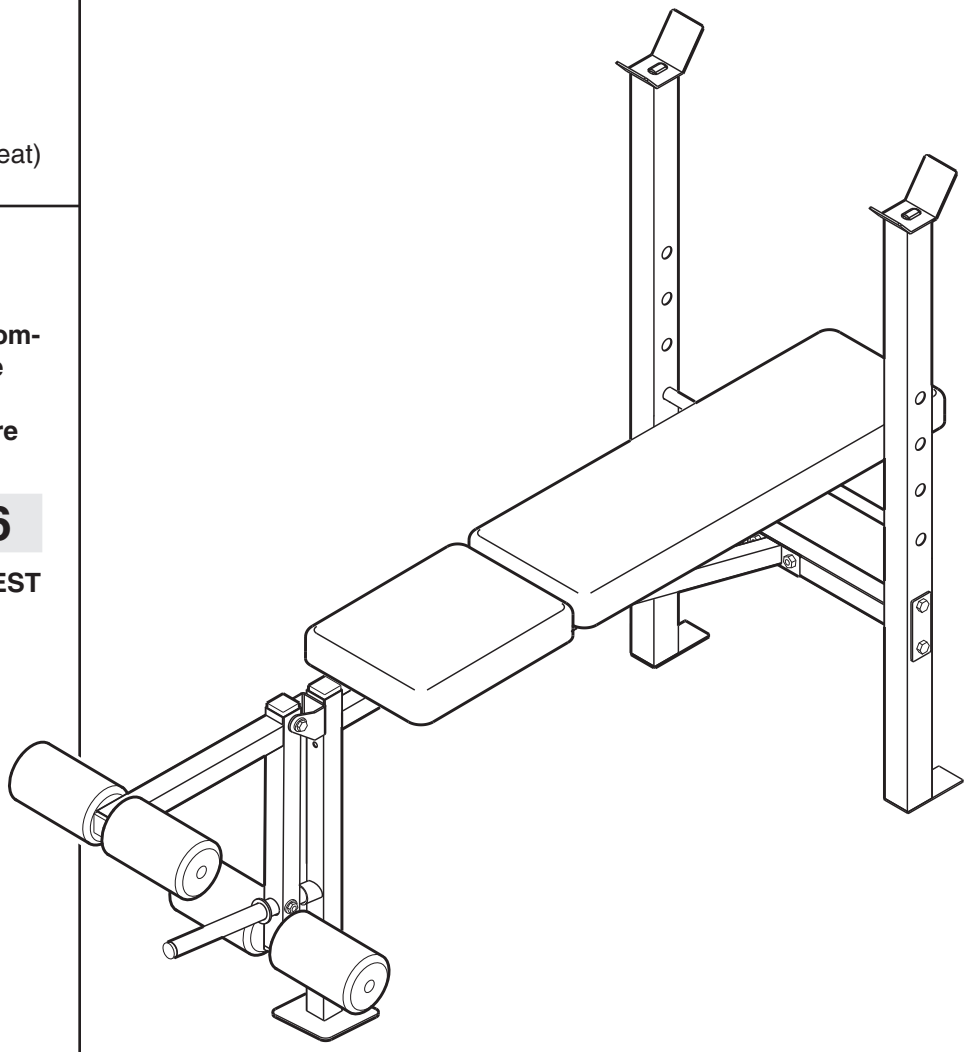
Model No. WECCBE72010
Serial No. _____

Write the serial number in the space above for future reference.



Serial Number Decal (Under Seat)

USER'S MANUAL



QUESTIONS?

As a manufacturer, we are committed to providing complete customer satisfaction. If you have questions, or if there are missing parts, please call:

1-888-936-4266

Mon.–Fri., 8 a.m.–6:30 p.m. EST (excluding holidays)

⚠ CAUTION

Read all precautions and instructions in this manual before using this equipment. Save this manual for future reference.

Visit our website at

www.weiderfitness.com

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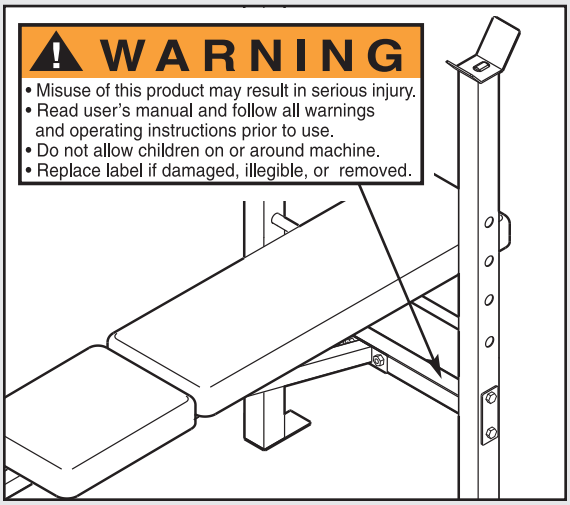
IMPORTANT PRECAUTIONS

⚠ WARNING: To reduce the risk of serious injury, read the following important precautions before using the weight bench.

1. Read all instructions in this manual before using the weight bench. Use the weight bench only as described in this manual.
2. It is the responsibility of the owner to ensure that all users of the weight bench are adequately informed of all precautions.
3. The weight bench is intended for home use only. Do not use the weight bench in any commercial, rental, or institutional setting.
4. Use the weight bench only on a level surface. Cover the floor beneath the weight bench to protect the floor.
5. Inspect and tighten all parts each time you use the weight bench. Replace any worn parts immediately.
6. Keep children under 12 and pets away from the weight bench at all times.
7. Always be sure there is an equal amount of weight on each side of your barbell (not included) when you are using it. When adding or removing weights, always keep some weight on both ends of the barbell and prevent the barbell from tipping.
8. Do not use a barbell that is longer than 1.8 m (6 ft.) with the weight bench.
9. When you are using the leg lever, place a barbell with the same amount of weight on the weight rests to balance the bench.
10. Keep hands and feet away from moving parts. Always wear athletic shoes for foot protection while exercising.
11. When using the backrest in an inclined position, make sure that the support rod is inserted completely through both uprights, and that the support rod is turned to the locked position.
12. The weight bench does not include weights. The weight bench is designed to support a maximum of 186 kg (410 lbs.), including the user, a weight bar, and weights. Do not place more that 73 kg (160 lbs.), including a weight bar and weights, on the weight rests. Do not place more that 23 kg (50 lbs.) on the leg lever.
13. Always exercise with a partner. When you are performing bench press exercises, your partner should stand behind you to catch the barbell if you cannot complete a repetition.
14. If you feel pain or dizziness while exercising, stop immediately and begin cooling down.
15. The warning decal shown below has been attached to the weight bench in the location shown. If the decal is missing or illegible, please call our Customer Service Department at the number on the front cover of this manual to order a free replacement decal. Apply the new decal in the indicated location.


WARNING
• Misuse of this product may result in serious injury.
• Read user's manual and follow all warnings and operating instructions prior to use.
• Do not allow children on or around machine.
• Replace label if damaged, illegible, or removed.

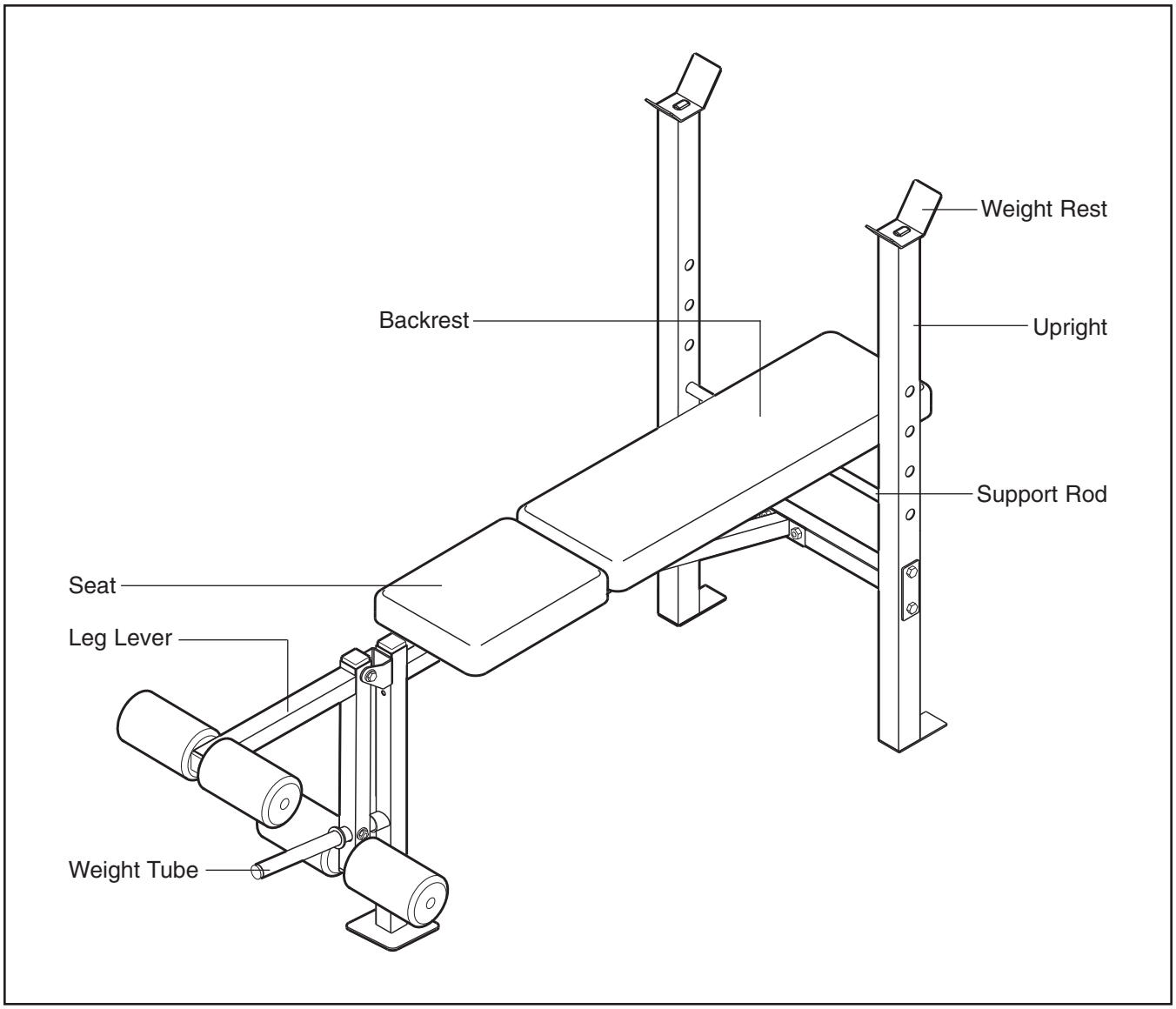
⚠ WARNING: Before beginning this or any exercise program, consult your physician. This is especially important for persons over the age of 35 or persons with pre-existing health problems. Read all instructions before using. ICON assumes no responsibility for personal injury or property damage sustained by or through the use of this product.

BEFORE YOU BEGIN

Thank you for selecting the WEIDER® 400 weight bench. The versatile WEIDER® 400 is designed to be used with your own weight set (not included) to develop every major muscle group of the body. Whether your goal is a shapely figure, dramatic muscle size and strength, or a healthier cardiovascular system, the WEIDER® 400 will help you to achieve the specific results you want.

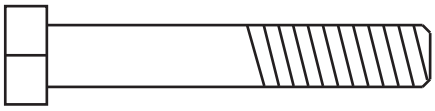
For your benefit, read this manual carefully before using the WEIDER® 400. If you have questions, please call our Customer Service Depart-ment toll-free at 1-888-936-4266, Monday through Friday, 8 a.m. until 6:30 p.m. Eastern Standard Time (excluding holidays). To help us assist you, please note the product model number and serial number before calling. The model number is WECCBE72010. The serial number can be found on a decal attached to the weight bench (see the front cover of this manual).

Before reading further, please look at the drawing below and familiarize yourself with the parts that are labeled.

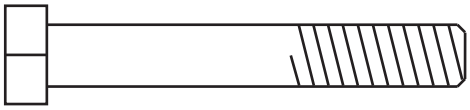


PART IDENTIFICATION CHART

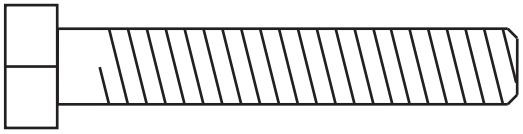
This chart is provided to help you identify the small parts used in assembly. The number in parenthesis below each part refers to the key number of the part from the PART LIST on page 13. **Important: Some parts may have been pre-assembled for shipping purposes. If you cannot find a part in the parts bags, check to see if it has been pre-assembled.**



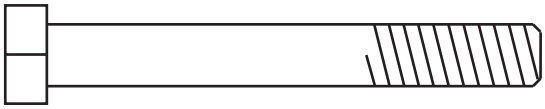
M8 x 50mm Bolt (17)



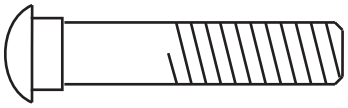
M8 x 55mm Bolt (27)



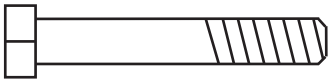
M10 x 60mm Bolt (18)



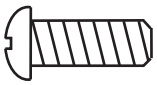
M8 x 65mm Bolt (14)



M8 x 40mm Carriage Bolt (26)

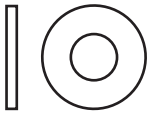


M6 x 38mm Screw (16)

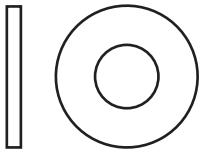


M6 x 16mm Screw (15)

7mm Spacer (24)

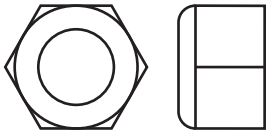


M6 Washer (25)



M8 Washer (29)

M8 Nylon Locknut (13)



M10 Nylon Locknut (19)

ASSEMBLY

Make Things Easier for Yourself

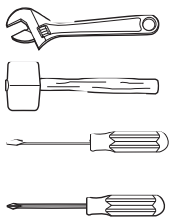
Everything in this manual is designed to ensure that the weight bench can be assembled successfully by anyone. However, it is important to realize that the assembly process will take time. Most people find that by setting aside plenty of time, assembly will go smoothly.

Before beginning assembly, carefully read the following information and instructions:

- Assembly requires two people.
- Place all parts in a cleared area and remove the packing materials. Do not dispose of the packing materials until assembly is completed.
- Tighten all parts as you assemble them, unless instructed to do otherwise.
- As you assemble the weight bench, make sure all parts are oriented as shown in the drawings.
- For help identifying small parts, use the PART IDENTIFICATION CHART on page 5.

The following tools (not included) are required for assembly:

- **Two adjustable wrenches**
- **One rubber mallet**
- **One standard screwdriver**
- **One phillips screwdriver**
- **Grease or petroleum jelly, and soapy water.**



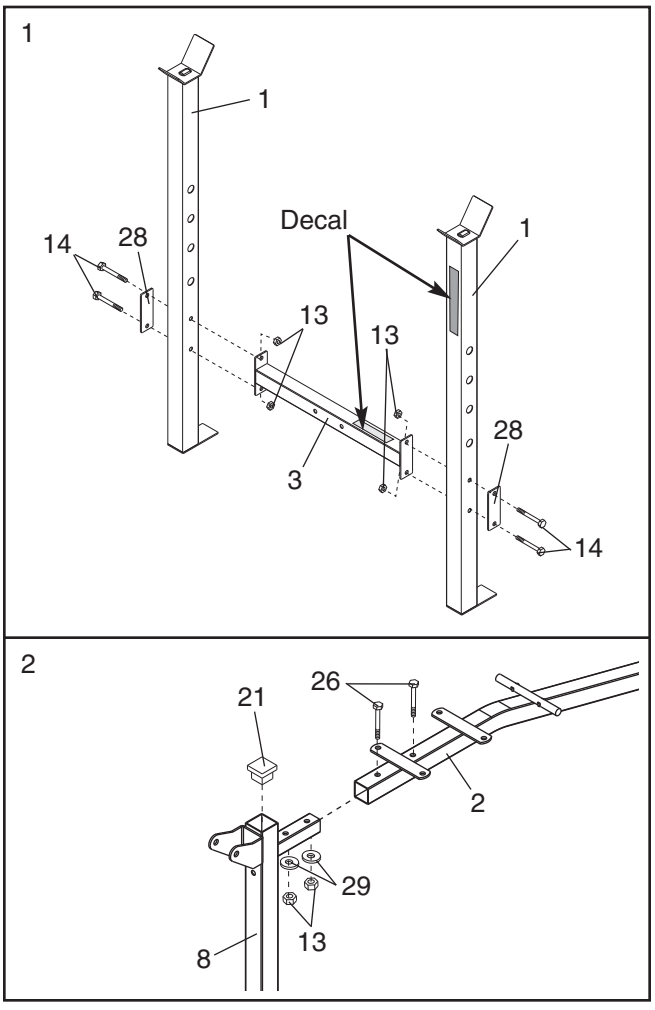
Assembly will be more convenient if you have a socket set, a set of open-end or closed-end wrenches, or a set of ratchet wrenches.

1. **Before assembling this product, be sure that you have read and understand the information in the box above.**

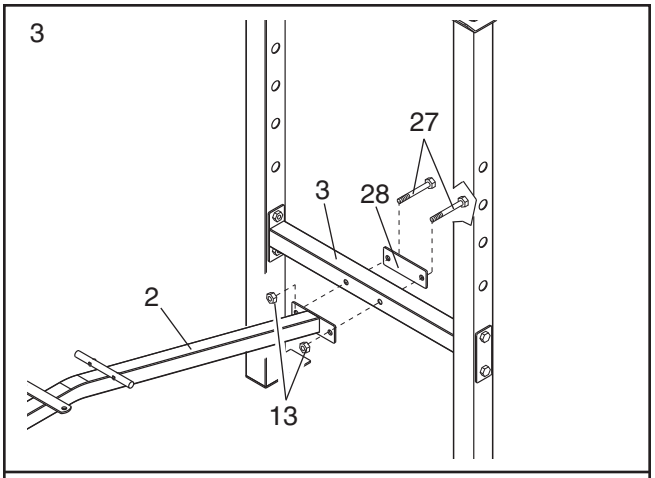
   Orient the Crossbar (3) and the Uprights (1) so that the decals are in the positions shown. Attach the Crossbar to the Uprights with four M8 x 65mm Bolts (14), two Support Plates (28), and four hand-tightened M8 Nylon Locknuts (13). **Do not tighten the Nylon Locknuts yet.**

2. Insert a 38mm Square Inner Cap (21) into the Front Leg (8).

   Slide the welded tube on the Front Leg (8) into the indicated hole in the Frame (2). Secure the Front Leg with two M8 x 40mm Carriage Bolts (26), two M8 Washers (29), and two M8 Nylon Locknuts (13).

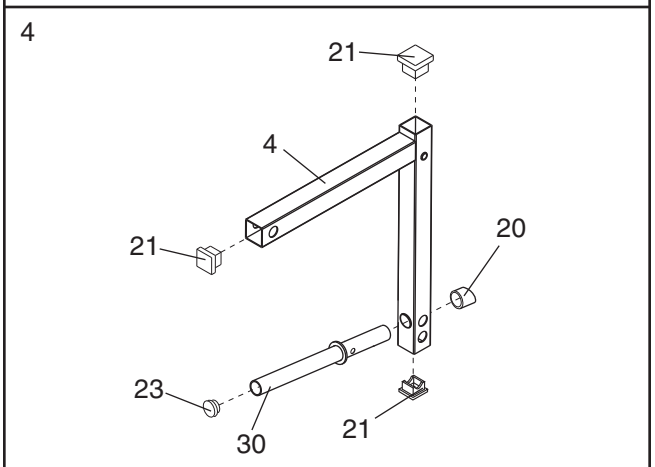


3. Attach the Frame (2) to the Crossbar (3) with two M8 x 55mm Bolts (27), a Support Plate (28), and two M8 Nylon Locknuts (13).



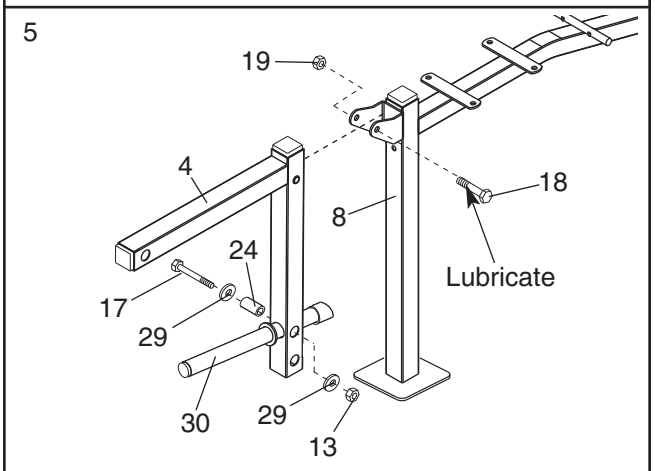
4. Tap three 38mm Square Inner Caps (21) into the Leg Lever (4) as shown.

   Insert the Weight Tube (30) into the indicated hole in the Leg Lever (4). Press a 25mm Angle Cap (20) onto the indicated end of the Weight Tube. Press a 25mm Round Inner Cap (23) into the other end of the Weight Tube (30).

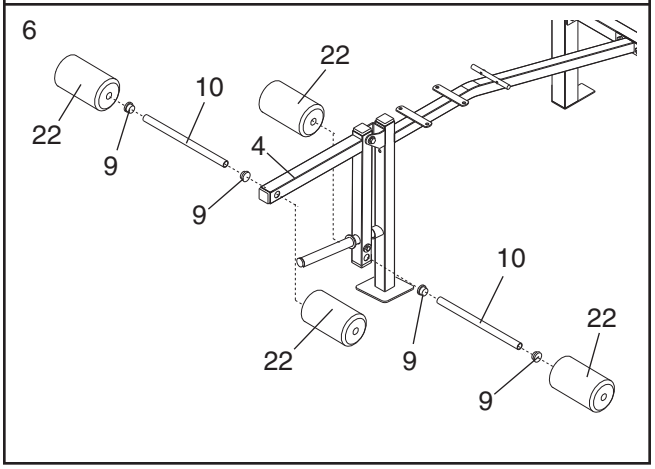


5. Attach the Weight Tube (30) to the Leg Lever (4) with an M8 x 50mm Bolt (17), two M8 Washers (29), a 7mm Spacer (24), and an M8 Nylon Locknut (13). **Note: The 7mm Spacer will fit tightly inside of the Leg Lever.**

   Lubricate the M10 x 60mm Bolt (18). Attach the Leg Lever (4) to the Front Leg (8) with the Bolt and an M10 Nylon Locknut (19). **Do not overtighten the Nylon Locknut; the Leg Lever must be able to pivot freely.**



6. Tap two 19mm Round Inner Caps (9) into each Pad Tube (10). Insert the Pad Tubes into the holes in the Leg Lever (4). Slide two Foam Pads (22) onto each Pad Tube.



7. Press two 25mm Square Inner Caps (12) into each Backrest Tube (5).

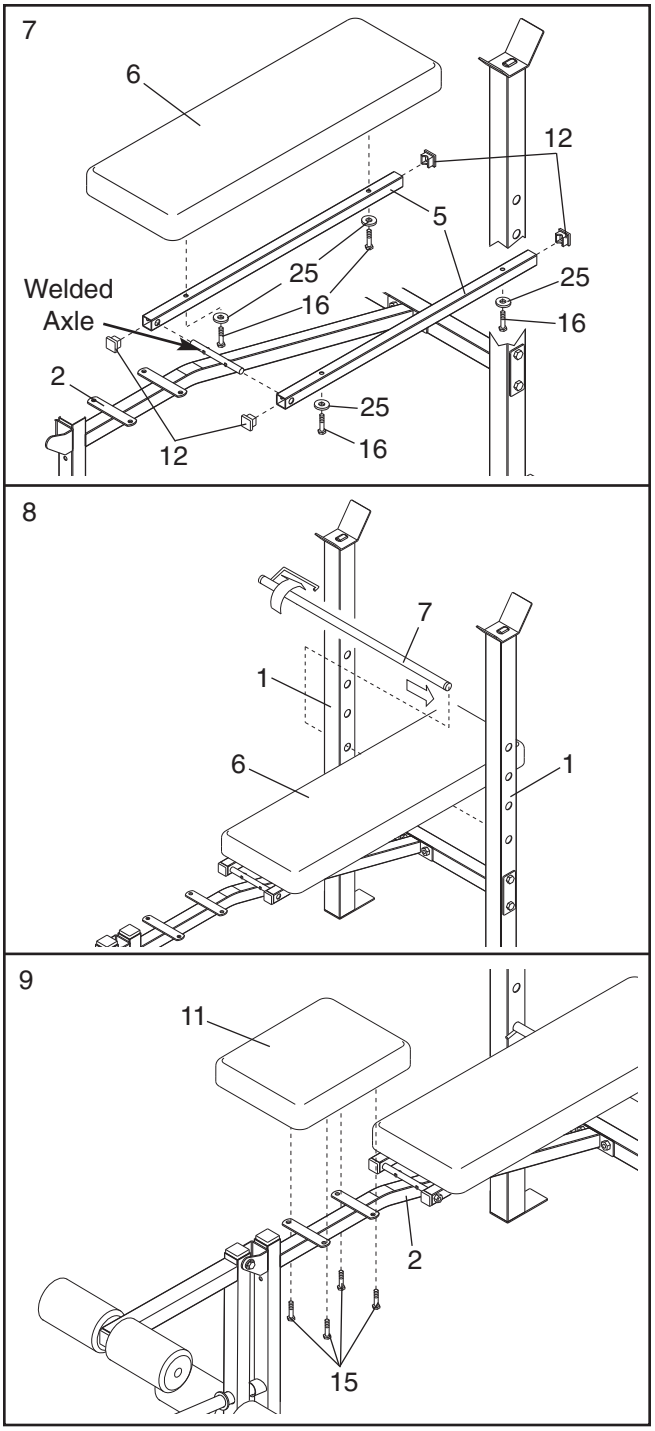
   With the help of a second person, slide the indicated ends of the Backrest Tubes (5) onto the welded axle on the Frame (2), as shown. Attach each Backrest Tube to the Backrest (6) with two M6 x 38mm Screws (16) and two M6 Washers (25). **Do not tighten the four Screws yet.**

8. Lift the Backrest (6) and insert the end of the Support Rod (7) without the locking clip through the Uprights (1). Rotate the locking clip into place around the right Upright. Rest the Backrest on the Support Rod.

   When moving the Support Rod (7), always make sure that the locking clip is in place around the right Upright (1).

   Tighten the four M6 x 38mm Screws (16) used in step 7, and the M8 Nylon Locknuts (13) used in step 1.

9. Attach the Seat (11) to the brackets on the Frame (2) with four M6 x 16mm Screws (15).



10. **Make sure that all parts are properly tightened before you use the weight bench.** The use of all remaining parts will be explained in ADJUSTMENTS, beginning on the next page.

ADJUSTMENTS

The weight bench is designed to be used with your own weight set (not included). The steps below explain how the weight bench can be adjusted. See EXERCISE GUIDELINES on page 10 for important exercise information and refer to the accompanying exercise guide to see the correct form for several exercises. Refer also to the exercise information accompanying your weight set (not included) for additional exercises.

Inspect and tighten all parts each time you use the weight bench. Replace any worn parts immediately. The weight bench can be cleaned with a damp cloth and a mild, non-abrasive detergent. Do not use solvents.

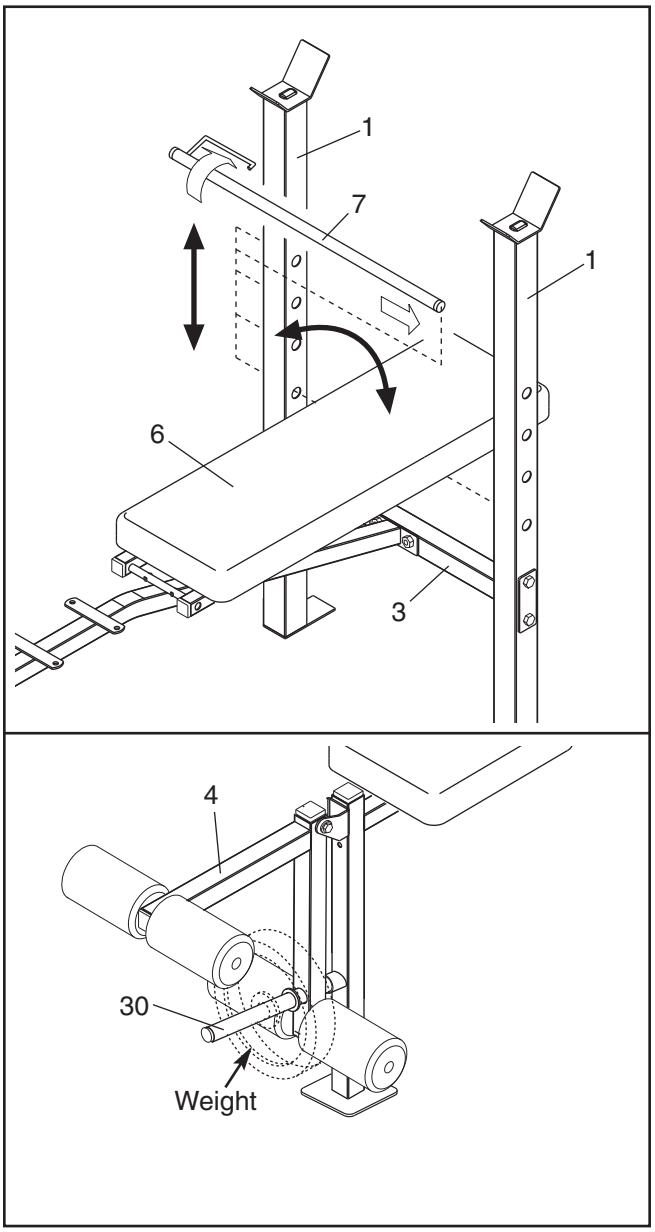
ADJUSTING THE BACKREST

The Backrest (6) can be used in a decline position, three incline positions, or a flat position. To use the Backrest in the decline position, remove the Support Rod (7) and lay the Backrest on the Crossbar (3).

To use the Backrest (6) in an incline position, lift the Backrest and insert the end of the Support Rod (7) without the locking clip through one of the top three sets of holes in the Uprights (1). Rotate the locking clip into place around the right Upright.

To use the Backrest (6) in the flat position, lift the Backrest and insert the end of the Support Rod (7) without the locking clip through the bottom set of holes in the Uprights (1). Rotate the locking clip into place around the right Upright.

⚠ WARNING: When using the Backrest (6) in an incline position, make sure that the Support Rod (7) is inserted completely through both Uprights (1), and that the Support Rod is turned to the locked position.



ATTACHING WEIGHTS

To use the Leg Lever (4), slide the desired weights (not included) onto the Weight Tube (30).

⚠ WARNING: Do not place more than 23 kg (50 lbs.) on the Leg Lever (4).

EXERCISE GUIDELINES

THE FOUR BASIC TYPES OF WORKOUTS

Muscle Building
To increase the size and strength of your muscles, push them close to their maximum capacity. Your muscles will continually adapt and grow as you progressively increase the intensity of your exercise. You can adjust the intensity level of an individual exercise in two ways:

- by changing the amount of weight used
- by changing the number of repetitions or sets performed. (A "repetition" is one complete cycle of an exercise, such as one sit-up. A "set" is a series of repetitions.)

The proper amount of weight for each exercise depends upon the individual user. You must gauge your limits and select the amount of weight that is right for you. Begin with 3 sets of 8 repetitions for each exercise you perform. Rest for 3 minutes after each set. When you can complete 3 sets of 12 repetitions without difficulty, increase the amount of weight.

Toning
You can tone your muscles by pushing them to a moderate percentage of their capacity. Select a moderate amount of weight and increase the number of repetitions in each set. Complete as many sets of 15 to 20 repetitions as possible without discomfort. Rest for 1 minute after each set. Work your muscles by completing more sets rather than by using high amounts of weight.

Weight Loss
To lose weight, use a low amount of weight and increase the number of repetitions in each set. Exercise for 20 to 30 minutes, resting for a maximum of 30 seconds between sets.

Cross Training
Cross training is an efficient way to get a complete and well-balanced fitness program. An example of a balanced program is:

- Plan weight training workouts on Monday, Wednesday, and Friday.
- Plan 20 to 30 minutes of aerobic exercise, such as cycling or swimming, on Tuesday and Thursday.
- Rest from both weight training and aerobic exercise for at least one full day each week to give your body time to regenerate.

The combination of weight training and aerobic exercise will reshape and strengthen your body, plus develop your heart and lungs.

PERSONALIZING YOUR EXERCISE PROGRAM

Determining the exact length of time for each workout, as well as the number of repetitions or sets completed, is an individual matter. It is important to avoid overdoing it during the first few months of your exercise program. You should progress at your own pace and be sensitive to your body's signals. If you experience pain or dizziness at any time while exercising, stop immediately and begin cooling down. Find out what is wrong before continuing. Remember that adequate rest and a proper diet are important factors in any exercise program.

WARMING UP

Begin each workout with 5 to 10 minutes of stretching and light exercise to warm up. Warming up prepares your body for more strenuous exercise by increasing circulation, raising your body temperature and delivering more oxygen to your muscles.

WORKING OUT

Each workout should include 6 to 10 different exercises. Select exercises for every major muscle group, emphasizing areas that you want to develop most. To give balance and variety to your workouts, vary the exercises from session to session.

Schedule your workouts for the time of day when your energy level is the highest. Each workout should be followed by at least one day of rest. Once you find the schedule that is right for you, stick with it.

EXERCISE FORM

Maintaining proper form is an essential part of an effective exercise program. This requires moving through the full range of motion for each exercise, and moving only the appropriate parts of the body. Exercising in an uncontrolled manner will leave you feeling exhausted. On the exercise guide accompanying this manual you will find photographs showing the correct form for several exercises, and a list of the muscles affected. Refer to the muscle chart on page 11 to find the names of the muscles.

The repetitions in each set should be performed smoothly and without pausing. The exertion stage of each repetition should last about half as long as the return stage. Proper breathing is important. Exhale during the exertion stage of each repetition and inhale during the return stroke. Never hold your breath.

Rest for a short period of time after each set. The ideal resting periods are:

- Rest for three minutes after each set for a muscle building workout.
- Rest for one minute after each set for a toning workout.
- Rest for 30 seconds after each set for a weight loss workout.

Plan to spend the first couple of weeks familiarizing yourself with the equipment and learning the proper form for each exercise.

COOLING DOWN

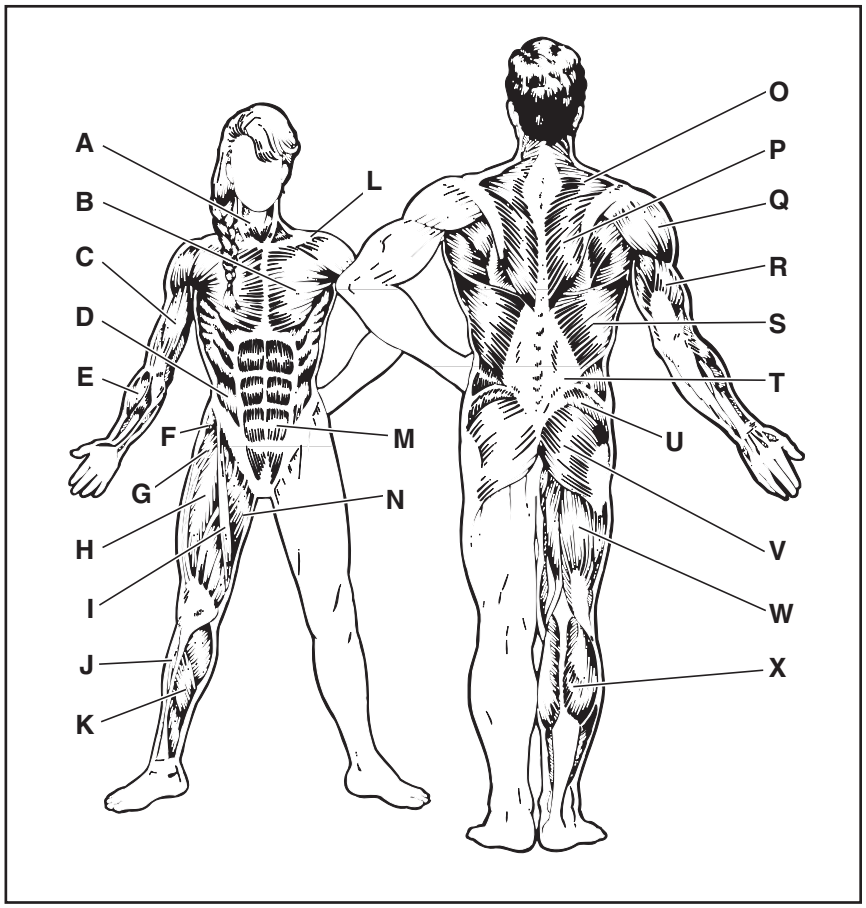
End each workout with 5 to 10 minutes of stretching. Include stretches for both your arms and legs. Move slowly as you stretch and do not bounce. Ease into each stretch gradually and go only as far as you can without strain. Stretching at the end of each workout is an effective way to increase flexibility.

STAYING MOTIVATED

For motivation, keep a record of each workout. The chart on page 12 of this manual can be photocopied and used to schedule and record your workouts. List the date, the exercises performed, the weight used, and the numbers of sets and repetitions completed. Record your weight and key body measurements at the end of every month. Remember, the key to achieving the greatest results is to make exercise a regular and enjoyable part of your everyday life.

MUSCLE CHART

A. Sternomastoid (neck)
B. Pectoralis Major (chest)
C. Biceps (front of arm)
D. Obliques (waist)
E. Brachioradials (forearm)
F. Hip Flexors (upper thigh)
G. Abductor (outer thigh)
H. Quadriceps (front of thigh)
I. Sartorius (front of thigh)
J. Tibialis Anterior (front of calf)
K. Soleus (front of calf)
L. Anterior Deltoid (shoulder)
M. Rectus Abdominus (stomach)
N. Adductor (inner thigh)
O. Trapezius (upper back)
P. Rhomboideus (upper back)
Q. Posterior Deltoid (shoulder)
R. Triceps (back of arm)
S. Latissimus Dorsi (mid back)
T. Spinae Erectors (lower back)
U. Gluteus Medius (hip)
V. Gluteus Maximus (buttocks)
W. Hamstring (back of leg)
X. Gastrocnemius (back of calf)



MONDAY
Date:
____/____/____

EXERCISE	WEIGHT	SETS	REPS

TUESDAY
Date:
____/____/____

AEROBIC EXERCISE

WEDNESDAY
Date:
____/____/____

EXERCISE	WEIGHT	SETS	REPS

THURSDAY
Date:
____/____/____

AEROBIC EXERCISE

FRIDAY
Date:
____/____/____

EXERCISE	WEIGHT	SETS	REPS

Make photocopies of this page for scheduling and recording your workouts.

PART LIST—Model No. WECCBE72010

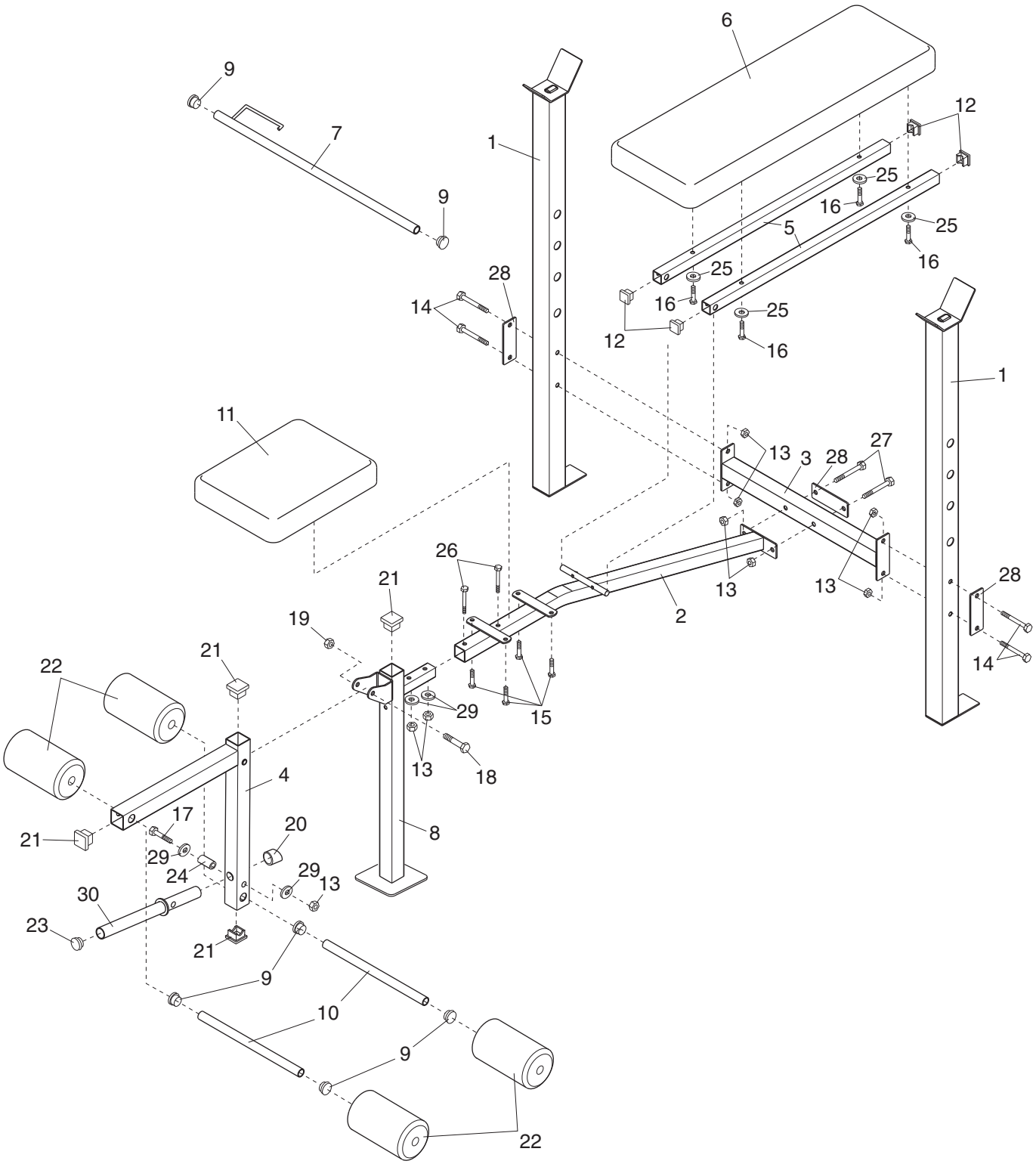
R0701A

Key No.	Qty.	Description	Key No.	Qty.	Description
1	2	Upright	17	1	M8 x 50mm Bolt
2	1	Frame	18	1	M10 x 60mm Bolt
3	1	Crossbar	19	1	M10 Nylon Locknut
4	1	Leg Lever	20	1	25mm Angle Cap
5	2	Backrest Tube	21	4	38mm Square Inner Cap
6	1	Backrest	22	4	Foam Pad
7	1	Support Rod	23	1	25mm Round Inner Cap
8	1	Front Leg	24	1	7mm Spacer
9	6	19mm Round Inner Cap	25	4	M6 Washer
10	2	Pad Tube	26	2	M8 x 40mm Carriage Bolt
11	1	Seat	27	2	M8 x 55mm Bolt
12	4	25mm Square Inner Cap	28	3	Support Plate
13	9	M8 Nylon Locknut	29	4	M8 Washer
14	4	M8 x 65mm Bolt	30	1	Weight Tube
15	4	M6 x 16mm Screw	#	1	User's Manual
16	4	M6 x 38mm Screw	#	1	Exercise Guide

"#" Indicates a non-illustrated part. Specifications are subject to change without notice. See the back cover of this manual for information about ordering replacement parts.

EXPLODED DRAWING—Model No. WECCBE72010

R0701A



LIMITED WARRANTY

ICON OF CANADA, INC., (ICON), warrants this product to be free from defects in workmanship and material, under normal use and service conditions, for a period of one (1) year days from the date of purchase. This warranty extends only to the original purchaser. ICON's obligation under this warranty is limited to replacing or repairing, at ICON's option, the product at one of its authorized service centers. All products for which warranty claim is made must be received by ICON at one of its authorized service centers with all freight and other transportation charges prepaid, accompanied by sufficient proof of purchase. All returns must be pre-authorized by ICON. This warranty does not extend to any product or damage to a product caused by or attributable to freight damage, abuse, misuse, improper or abnormal usage or repairs not provided by an ICON authorized service center, to products used for commercial or rental purposes, or to products used as store display models. No other warranty beyond that specifically set forth above is authorized by ICON.

ICON is not responsible or liable for indirect, special or consequential damages arising out of or in connection with the use or performance of the product or damages with respect to any economic loss, loss of property, loss of revenues or profits, loss of enjoyment or use, costs of removal, installation or other consequential damages of whatsoever nature. Some provinces do not allow the exclusion or limitation of incidental or consequential damages. Accordingly, the above limitation may not apply to you. The warranty extended hereunder is in lieu of any and all other warranties and any implied warranties of merchantability or fitness for a particular purpose is limited in its scope and duration to the terms set forth herein. Some provinces do not allow limitations on how long an implied warranty lasts. Accordingly, the above limitation may not apply to you.

The warranty extended hereunder is in lieu of any and all other warranties and any implied warranties of merchantability or fitness for a particular purpose is limited in its scope and duration to the terms set forth herein.

This warranty gives you specific legal rights. You may also have other rights which vary from province to province or so specified by the retailer of your equipment.

ICON OF CANADA, INC. 900 de l'Industrie, St-Jérôme, QC J7Y 4B8

PLACE STAMP HERE

ICON of Canada, Inc.
900 de l'Industrie
St-Jérôme, Québec
Canada, J7Y 4B8

ORDERING REPLACEMENT PARTS

To order replacement parts, simply call our Customer Service Department toll-free at 1-888-936-4266, Monday through Friday, 8 a.m. until 6:30 p.m. EST (excluding holidays). To help us assist you, please be prepared to give the following information:

1. The MODEL NUMBER of the product (WECCBE72010)

2. The NAME of the product (WEIDER® 400 weight bench)

3. The SERIAL NUMBER of the product (see the front cover of this manual)

4. The KEY NUMBER and DESCRIPTION of the part(s) (see the PART LIST and the EXPLODED DRAWING on pages 13 and 14).

ICON of/du Canada Inc. WEIDER PRO-FORM WESLO

PRODUCT WARRANTY REGISTRATION

IMPORTANT: MAIL WITHIN 14 DAYS OF PURCHASE

NAME: _____ PHONE: _____

ADDRESS: _____

COUNTY: _____ POSTCODE: _____

MODEL NO. _____ SERIAL NO. _____ PURCHASE DATE: _____

RETAILER NAME: _____ RETAILER ADDRESS: _____

1) Primary user(s) of product:
❑ Male ❑ Female ❑ Family

2) Age of primary user:
❑ 0–24 ❑ 35–44 ❑ 55–64
❑ 25–34 ❑ 45–54 ❑ 65 and over

3) Annual household income:
❑ 0–9,999 ❑ 15,000–19,999
❑ 10,000–14,999 ❑ 20,000+

4) How many times a week do you exercise?
❑ Less than 3 times ❑ 3 times or more

5) Have you ever purchased an ICON product before?
❑ Yes ❑ No

6) Where did you first see or hear about ICON products?
❑ Magazine ❑ Friend/relative
❑ Newspaper ad ❑ Other_____
❑ Store

7) What was the primary reason for purchasing this ICON product?
❑ Store employee ❑ Television ads ❑ Colour
❑ Electronic features ❑ Magazine ads ❑ Price
❑ Product design ❑ Product innovation
❑ Other_____

8) Did you consider purchasing fitness equipment from another manufacturer?
❑ No ❑ Yes
What other manufacturer? _____

9) Based on your impression of what you have purchased, would you buy another ICON product?
❑ Yes ❑ No ❑ No opinion
If not, what other brand of equipment would you purchase?
_____

10) What other type of exercise equipment do you own?
❑ Bicycle ❑ Exercise cycle ❑ Treadmill
❑ Home gym ❑ Weight bench ❑ Stepper
❑ Cardio glide ❑ Other_____

11) Which types of magazines do you read regularly?
❑ Sports ❑ Fitness ❑ Motoring
❑ Business ❑ Computer ❑ Other_____

12) Do you wish to be sent further bulletins about ICON products?
❑ Yes ❑ No

THANK YOU FOR YOUR TIME

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